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CONNECTING TO A BOUNTIFUL SOURCE

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Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

If you've followed my journey here on the Monroe Institute blog, you've probably caught on to my love of the concept of manifestation. I love purpose-driven exercises with strong intentions. I specifically love focusing my intentions on manifesting what is most necessary for me at any given time ... and sometimes a little bit more than that. One of my favorite focus levels for conducting these manifestation exercises is **Focus 15**. Why? Focus 15 shifts us out of the reality of time, making it easy for me to gain an immediate, striking perspective that seems to cover my entire life. In Focus 15, I feel a connection to a bountiful source of energy that helps me manifest my goals and dreams.

I am a very visual meditator. When I go into an exercise, the visual metaphor of what I see and experience is very strong. When I move into Focus 15, I suddenly see lifeline cords that showcase my full lifetime (and every life that I've lived). Connecting to my current lifeline by holding its cord, I suddenly lose a lot of that visualization as I feel I connect to a bountiful source. I feel a great deal of energy enter me each time I do this, and use that energy to visualize and project all the things I want to manifest in my life. This is one of the strongest sensations I get while I meditate, and I can't explain it other than feeling a great energy of positivity and gratitude entering me and energizing every cell of my being.

From there, I visualize what I want to manifest. I see each thing I want to accomplish coming to life in great detail. I see it happen. I feel how I will feel when it does happen. I live in that happiness for a time. Sometimes, I smell what it will smell like. A perfect example of this would be wanting a new car, visualizing yourself sitting in that car, and smelling that familiar new car smell. The stronger I can experience all aspects of accomplishing my goals, the more I know that it will find its way to me in the future. And this bountiful source that I am connecting to—this pure, positive energy—is my strongest tool for manifesting my future.

The most recent time I conducted this exercise and connected with this source, I “knew” my show would finally be coming out on Amazon Prime after years of waiting. Sure enough, as I left the meditation exercise, I discovered that the show had gone live on Amazon. While things generally don’t happen this quickly, my story shows that sometimes, they do!

When you work with manifestation, try to build a strong sense of gratitude prior to every exercise, as it is key to successfully practicing the law of attraction. Just sit with vivid thoughts of things that make you happiest, and then live in that happiness for a while. Allow it to transform into gratitude for all the wonderful things you have. I hope you take some time today to open the **Expand app** and meditate in Focus 15 (via the Timer section). Use Focus 15 to connect with this great source of energy and focus on projecting the life you want—and grab it by the reins!